

Moon Trance

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Joe Sexton (USA) - June 2016
音乐: Moon Trance by Lindsey Sterling (129 BPM)



Intro: 96 counts, Start with heavy beat of drums and synthesizer.

I recommend queuing the music to start 64 beats in.

Starting Position: Feet shoulder width apart, Right foot slightly ahead of left foot.

This makes it easier to do the heel swivels and you want to end Count 32 in this same position.

(1-8) Swivel Strut, Center, Heel Swivels - ¼ Left, Step ½ Pivot, Back Shuffle-Hitch

- 1-4 Swivel Heels to Left – Toes pointing to 1:30 (bend in R. knee, R. toe pointed down), Drop R. heel swivel heels to Center, Swivel heels Left (3), Swivel heels Right (&), Swivel Heels Left completing ¼ turn L. (4) 9:00
- 5-8. Step Fwd R. (5), ½ Pivot L. (6), Back Shuffle R-L-R Hitching L. Knee (7&8), 3:00

(9-16) Step, Lock, Step-Lock-Step, Step, ½ Pivot, Lock, Step

- 1-4 Step Fwd L. (1), Lock R. Behind L. (2), Step Fwd L. (3), Lock R. Behind L. (&), Step Fwd L. (4)
- 5-8 Step Fwd R. (5), ½ Pivot L. (6), Lock R. Behind L. (7), Step Fwd L. (8) 9:00

(17-24) R. Wizard, L. Wizard, R. Wizard ¼ turn L., Shuffle Fwd

- 1-4 R. to R. Side (1), L. Behind R. (2), R. to R. Side (&), L. to L. Side (3), R. Behind L. (4), L. to L. Side (&)
- 5-8 R. to R. Side (5), L. Behind R. making ¼ turn L. (6), R. to R. Side (&), Step Fwd L. (7), Lock R. Behind L. (8) 6:00

(25-32) R. Rock, Recover, Back Shuffle ½ turn, ½ Pivot, Step, Step

- 1-4 Rock Fwd on L. (1), Recover on R. (2), Shuffle Back making ½ turn L-R-L (3&4)
- 5-8 Step Fwd R. (5), ½ Pivot to L. (6), Step Fwd R. (7) Step L. Behind L. Feet Slightly Apart (8) 6:00

Start Again and Enjoy.

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